



**Look inside
for Metro's
Canada Day
Guide!**



Happy Canada Day!

Metro will not be publishing on Tuesday, July 1. Look for us again on Wednesday, July 2.



BREAKING HEARTS IN MEXICO

DUTCHMAN ARJEN ROBBER'S ATTEMPT TO WIN A PENALTY DOESN'T SIT WELL WITH MEXICAN FANS **PAGE 17**

**NO BOY
BANDS**

**LIVE
88.5fm**

Afghan keeps Canada in his heart

A decade later. Man from Afghanistan who received lifesaving surgery 10 years ago as a boy wishes he was in Canada

In hindsight, Djamshid Popal — the fragile Afghan child whose life-saving heart procedure in 2004 made headlines across Canada — wishes he had never left the strange country that saved his life.

Ten years removed from being flown overseas on Canada Day, eventually landing in an Ottawa hospital, the now-19-year-old Popal suffers constant nosebleeds and struggles to obtain an education in his dusty village outside of Kabul.

More concerning, his family routinely receives death threats from suspicious Taliban supporters and all because the nine-year-old benefited from Canadian compassion and medical expertise.

Canadian Forces doctors came upon Popal's desperate plight while conducting a medical clinic in Mohla Mahmad



Djamshid Popal, left, the boy from Afghanistan who came to Canada 10 years ago for life-saving heart surgery, and his father Shafiullah are shown in a recent photo. With the benefit of hindsight, Popal — the fragile Afghan child whose life-saving heart procedure in 2004 made headlines across Canada — wishes he had never left the strange country that saved his life. Inset: Cpl. Kevin Comeau of Tabusintac, N.B., listens to the defective heart of Djamshid Popal, nine, at the Canadian military hospital in Kabul, Afghanistan in 2004. HANDOUT, STEPHEN THORNE/THE CANADIAN PRESS

Khail, a bumpy three-and-a-half-hour ride northeast of the Afghan capital.

Popal, nine at the time, was frail and having difficulty breathing, recalled Maj.

Americo Rodrigues, the army doctor from Toronto who initially treated him.

"He was nine years old, but he looked like he was six," said Rodrigues.

"He was very frail, he was very short of breath, he looked very sick."

At first it was believed the boy had a condition known as patent ductus arteriosus, a

birth defect where blood from the left side of the heart circulates back to the right side without taking its normal course through the body.

But after being diagnosed at

the Children's Hospital of Eastern Ontario in Ottawa, doctors said it appeared that three of the nine-year-old's four heart valves had been damaged during a severe bout of rheumatic fever.

He was later transferred to Toronto's Hospital for Sick Children, where he underwent surgery to repair his heart.

Once he started to recover, Popal became extremely homesick for his mother, Sohaila, and other family members.

Despite efforts to keep him in Canada by supporters like Saddique Khan of Hamilton, Ont., who financed his original journey, Djamshid was determined to go home, and his father, Shafiullah, respected his wishes. The two flew back to Afghanistan in late November of 2004. Since they have lived reclusively in their small, remote mud brick home on land that to this day is dotted by landmines.

Looking back, Popal said he believes life would have been better had he remained in Canada. "I was only nine years old, had a big surgery done, and I missed my mom so much and wanted to meet her," Popal said

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Celebrate! Canada Day in a nutshell

Canada Day in the 'burbs:

Don't want to wade through downtown crowds on Canada Day? Celebrate Canada's 147th birthday with your neighbours:

Kanata, Walter Baker Park

canadadayinkanata.com

Carleton Place, Riverside Park

carletonplace.ca

Orleans, Petrie Island

greaterorleanscanadaday.ca

Stittsville, Sacred Heart High School

stittsvilleva.com/canadaday

Barrhaven, Clarke Fields

barrhavencanadaday.ca

Wakefield, Que.

Canada Day in Wakefield with a parade, live music, BBQ, kids' games, fireworks and a giant party raft. **TREVOR GREENWAY/METRO**

What's open and closed July 1? Open

- Rideau Centre 10 a.m. to 6 p.m.
- Most museums will be open and offering free admission.
- All splash pads, wading pools and beaches.
- Several of the city's fitness facilities and indoor/outdoor pools will be open with modified schedules.
- Free transit on OC Transpo will be available with a special holiday schedule in place.
- Ottawa's 311 contact centre will be open for urgent cases.

Closed

- Bayshore Shopping Centre, St. Laurent Centre and most retailers.
- Ottawa City Hall and all seven client service centres, and all Ottawa Public Library branches.
- Recycling, green bin and garbage disposal pickup will be pushed back a day.
- LCBO and Beer stores.
- Child-care centres operated by the city. **AMY YEE/FOR METRO**

FOR MORE ON CANADA DAY SEE PAGE 13

Kayaking. Locals make splash in opening Ontario slalom

In a hidden spot minutes from the city's downtown core, the Ottawa River Runners (ORR) hosted Whitewater Ontario's first canoe and kayak slalom race of the year Sunday.

The Whitewater Ontario Mini Race Series gathers paddlers from Ottawa, Quebec, Australia and the U.S.

"It's a niche sport," said John Hastings, former member of Canada's CanoeKayak national team. "It can be scary to some people, and exhilarating to others."

In a slalom course, athletes are timed as they navigate the river's course, Hastings explained.

Athletes paddle through coloured and numbered gates, travelling through gates upstream or downstream according to colour.

Touching a gate adds to a paddler's time, as does missing a gate. Each athlete completes two runs with the best one used for competition.

Canadian national team members Thea Froehlich, 23, and Michael Tayler, 22, both finished first in their kayaking divisions Sunday.

"We're on the water twice a day usually and in the gym as well," said Tayler. "We're training a lot because we're preparing for world cups later this

summer and the world championships in September."

Both got into the sport after attending a summer kayaking camp and continue to enjoy the outdoors lifestyle of the sport.

"I think we all really love being on the water and just spending time by the river," said Froehlich. "It's super fun in terms of adrenaline and technical difficulty."

Sunday's race was the first of three happening in Ontario this week. The two others are at the Madawaska Kanu Centre July 2 and then on the Gull River in Minden on July 6.

AMY YEE/FOR METRO



Canadian national team member Thea Froehlich, 23, navigates the Pump House slalom race Sunday. **AMY YEE/FOR METRO**

'Thank you to Canada'

Remembering those who served.

Koreans, Canadians gather to mark war armistice in Ottawa



TREVOR GREENWAY

trevor.greenway@metronews.ca

Scores of Korean War vets gathered in Ottawa Sunday to commemorate the 61st anniversary of the Korean War Armistice.

Veterans Affairs Minister Julian Fantino was joined by Republic of Korea Minister of Patriots and Veterans Affairs, the Honourable Park Sungchoon, Ambassador of the Republic of Korea to Canada Cho Hee-yong and Sen. Yonah Martin, as the dignitaries laid wreaths at a small cenotaph on the Mackenzie King Bridge.

"The Korean War was one of Canada's most significant military engagements of the 20th



Former Korean soldier Woon Chung leads a group of veterans into the Korean War Armistice ceremony Sunday. **TREVOR GREENWAY/METRO**

century," Fantino said.

"We must never forget those who served and those who made the ultimate sacrifice."

Bill Black, president of the

National Capital Unit of the Korean Veterans Association, worries the Korean War will become a "forgotten war," like the Boer War and the First World War, and he hopes the

younger generation will embrace history.

"It's not only important, it's essential for future generations," said Black. "Because we bring our grandchildren and great-grandchildren into having the knowledge of what their forebears fought for."

Woon Chung, a former Korean naval soldier and Royal Canadian Legion Regimental sergeant major who was discharged in 1976, said that Canada saved Korea during the war. Chung led a group of Korean veterans into the ceremony and he didn't hold back when thanking the 25,000-plus soldiers and the 516 of them who died trying to save South Korea from a North invasion.

"We always respect Canadian soldiers who were in Korea," Chung told Metro following the event. "We owe our respect to them. Korea couldn't survive without them. We are always saying thank you to Canada. It's very much appreciated."

1 NEWS

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UN. Health officials want more money for mothers, but interventions failing

In the past decade, billions of dollars have been spent trying to save the lives of mothers in developing countries using strategies, usually inexpensive drugs, deemed essential by the UN health agency.

Yet two large analyses of maternal health programs—including one conducted by the UN itself—report that the efforts appear to be almost useless, raising troubling questions about why all that money was spent.

While critics are calling for the pricey global initiatives to be significantly overhauled, the programs are still being implemented, despite little proof they work. The practices mainly involve procedures like ensuring women giving birth get cheap drugs such as magnesium sulphate to treat labour complications, or pre-emptive antibiotics for those getting a caesarean sec-

Dollars for what?

At an international meeting of UN partners starting Monday in South Africa, health officials are getting ready to ask donors for even more money to pour into maternal health programs.

- According to research scientists found no link between the supposedly life-saving interventions and the death rates of women giving birth.

tion. Even public health officials acknowledge they were taken aback by the studies.

"Nobody could have been more surprised than I was when we got the results," said Dr. Omrana Pasha of Pakistan, who led one study of maternal health interventions. **THE ASSOCIATED PRESS**

He's back! Rob Ford returns from rehab with four months to election

Toronto Mayor Rob Ford is set to leave rehab Monday, returning to the intense public glare from which he has been relatively absent for two months since he was forced to seek help amid fresh allegations of drinking and drug use.

Ford plans to resume his mayoral duties—curtailed by city council in November following his "drunken stupors" and crack-cocaine admissions—in the afternoon, according to a letter he sent to the city clerk's office.

But with less than four months left in the term, the bulk of the renewed Ford

attention will likely be focused on his bid to win another four years in office. His city councillor brother-turned campaign manager, Doug Ford, has indicated the mayor will also resume fighting for re-election in the Oct. 27 vote. The mayor will make a statement upon his return, but won't field any questions, Doug Ford added.

Several city councillors have remarked at how calm city hall has been in Ford's absence. A Washington think-tank held a symposium to explore how Toronto ever elected Ford. **THE CANADIAN PRESS**



Rob Ford leaving home in May. Now he returns from rehab. **THE CANADIAN PRESS**

Building collapses in India kill at least 22

Weekend tragedies. Dozens still trapped after two structures fall; police investigating construction company

Police in southern India detained five construction company officials Sunday, as rescuers using gas cutters and shovels searched for dozens of workers believed buried in the rubble of a building that collapsed during monsoon rains.

It was one of two weekend building collapses that killed at least 22 people.

Nearly 90 contract workers were believed to have been in the basement of the 11-storey structure to collect their wages when it collapsed Saturday on the outskirts of Chennai, the capital of Tamil Nadu state.

Police said 31 had been pulled out so far; four died on the spot and another seven succumbed to injuries in a hospital.

The exact number of those trapped was unknown but rescuers could hear feeble voices in the debris, said T.S. Sridhar, the disaster management agency commissioner. Officials used gas cutters, iron rods and shovels after cranes lifted concrete blocks to get to the survivors.

"Removing debris is a major challenge. It may take two to three days to clear the rubble," said S.P. Selvam, who is heading the rescue operation.

Police officer George Fernandes said two directors, two engineers and one super-



Rescuers with a sniffer dog search for workers buried in the rubble of a building that collapsed late Saturday during monsoon rains on the outskirts of Chennai, India. **ARUN SANKAR K/THE ASSOCIATED PRESS**

Rescue operations & investigations

"Removing debris is a major challenge. It may take two to three days to clear the rubble."

S.P. Selvam, who is heading the rescue operation.

Police said two directors, two engineers and one supervisor of the construction company were detained for questioning.

visor of the construction company, Prime Sristi, were detained for questioning as authorities began investigating the collapse.

Balaguru, one of the builders (who uses only one name), said the structure collapsed possibly due to the impact of lightning.

"Usually, once the construction gets over we install the equipment to prevent

the building from a thunder strike. It was nearing completion," the Press Trust of India news agency quoted Balaguru as saying.

India is notorious for building collapses.

In April last year, 74 people were killed when an eight-storey building being constructed illegally in a Mumbai suburb collapsed.

THE ASSOCIATED PRESS

Sad record

Earlier Saturday, 11 people died and one survivor was being treated in a hospital after a four-storey, 50-year-old structure toppled in an area of New Delhi inhabited by the poor.

- Most homes in that part of the capital were built without permission, using substandard materials, police said.
- Building collapses are common in India. Lax regulations encourage builders to cut corners, add unauthorized floors or use poor materials.

Group declares Islamic state

The al-Qaida breakaway group that has seized much of northern Syria and huge tracts of neighbouring Iraq formally declared the creation of an Islamic state on Sunday in the territory under its control.

The spokesman for the Islamic State of Iraq and the Levant, Abu Mohammed al-Adnani, made the announcement in an audio statement

posted online. Islamic extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East in various forms for hundreds of years.

Abu Mohammed al-Adnani declared the group's chief, Abu Bakr al-Baghdadi, the new leader, or caliph, of the Islamic state, and called on those living in areas under

the organization's control to swear allegiance to al-Baghdadi and support him.

"The legality of all emirates, groups, states and organizations becomes null by the expansion of the caliph's authority and the arrival of its troops to their areas," al-Adnani said. He added the group was changing its name to just the Islamic State.

THE ASSOCIATED PRESS



Iraqi security holding a flag of the new state. **THE ASSOCIATED PRESS**

Gov't circulates 'persona non grata' list for Canada Day

Foreign Affairs. The 2014 list likely includes Russia for the first time

The Harper government is snubbing officials from a select group of pariah states, ordering its diplomatic missions around the world not to invite them to receptions celebrating Canada Day on July 1.

Foreign Affairs circulates a "persona non grata" list in June each year, warning its embassies, consulates and other missions to bar those on the list from Canada Day events.

The department has refused to release its latest list, but The Canadian Press obtained last year's version — likely little changed for 2014, with the possible inclusion of



Prime Minister Stephen Harper walks past Russian President Vladimir Putin at the G20 Summit in September 2013. ADRIAN WYLD/THE CANADIAN PRESS

Russia for the first time.

North Korea, Fiji, Belarus, Iran, Syria, Madagascar and Guinea-Bissau are prominent, largely because of Canada's disapproval of unelected or badly behaved governments.

Taiwan is on the list only because Canada does not recognize the island as a state.

Sudan has special status: officials can be invited, but only those not named in arrest warrants from the International Criminal Court.

A memorandum from deputy minister Morris Rosenberg also notes the invitation restrictions apply for events being held in Canada as well.

"The same considerations would apply to any official Canada Day event hosted in Ottawa and involving the local diplomatic corps," he said.

The memo and related materials were obtained under the Access to Information Act, with a few blacked out parts.

Asked to comment on the list provided to The Canadian Press, a spokesman said "it is not our practice to provide lists of country representatives invited or not invited to functions held at our missions abroad." **THE CANADIAN PRESS**



Johnny Canuck to return?

A Johnny Canuck splash page is seen amid a pile of Canadian comics. Toronto archivist and publisher Rachel Richey has obtained the rights to resurrect the Canadian character, who appeared off and on in newspapers and comics starting in the 19th century. Scan the photo with your Metro News app for a glimpse of the old comics. DARREN CALABRESE/THE CANADIAN PRESS

\$20K for everyone?

Minimum income idea seeing surge in interest

A group of academics and activists is trying to drum up interest in a plan to provide every Canadian with a guaranteed minimum level of income — whether or not they have a job.

Rob Rainer, with the Basic Income Canada Network, envisions a country where everyone is assured a minimum of \$20,000 annually to make ends meet.

"For many of us, we think the goal is no one should be living in poverty," Rainer said at a conference on the issue at McGill University. The idea is hardly new — the Canadian and Manitoba government conducted an experiment with the issue in the 1970s.

Proponents on the left argue it represents an opportunity for greater redistribution of wealth, while those on the right see it as a chance to cut back on bureaucracy and return control to people's lives.

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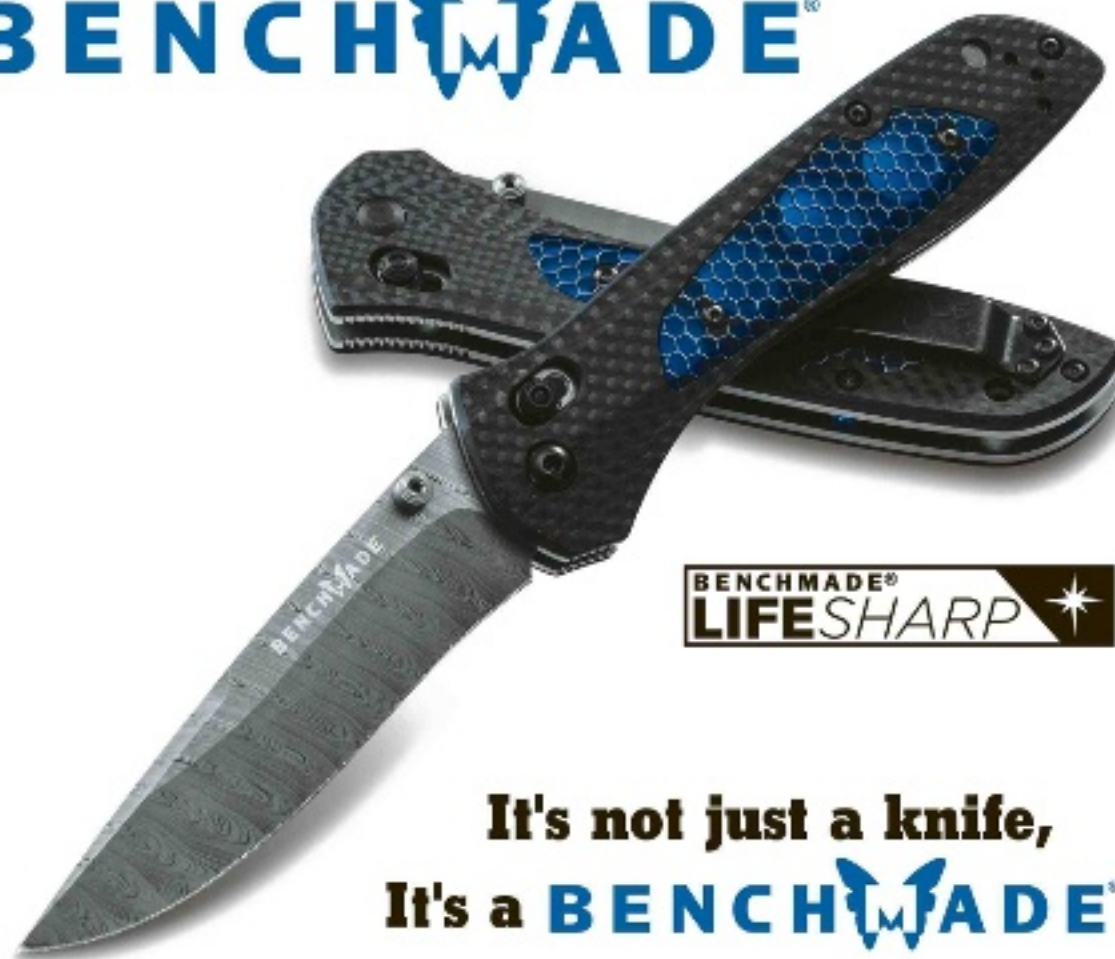
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Loose-lip leader can sink stock



HOW TO ROLL
Alison Griffiths
metronews.ca

Top leaders are kind of important when billions of shareholder dollars are at stake. Lululemon shareholders are keenly aware of the impact a leader can have.

The company's stock has nosedived more than 50 per cent since founder and resident loose cannon, Chip Wilson, said the company's infamously sheer yoga pants fell apart because some women's thighs were too large.

Abercrombie and Fitch CEO Mike Jeffries also had a case of foot-in-mouth when an interview recorded in 2006 resurfaced last year. "A lot of people don't belong (in our clothes)," he said, "and they can't belong. Are we exclusionary? Absolutely."

And the stock absolutely plummeted from just over \$50 US to under \$32.

It isn't always gaffes from

What investors say:

- 32 per cent base their decision to invest on their perception of the CEO
- 40 per cent would sell stock based solely on a new CEO
- 15 per cent would buy stock based solely on a new CEO

FTI CONSULTING SURVEY 2011

those in the corner office that skewer a company's price.

Apple is perhaps the most famous example of the impact a departed leader can have. After the legendary Steve Jobs died in October 2011, Apple stock continued to drift upward. But the honeymoon period for successor Tim Cook ended a year later.

Investors worried that he didn't have Jobs' innovation gene and the stock

price quickly went south. It dropped from \$100 (accounting for the recent seven-for-one stock split) to under \$60 in just 10 months.

At the other end of the spectrum is Hunter Harrison. When the 11-year veteran of CN stepped into the CEO slot of underperforming rival CP Rail in 2012, the celebration began. The stock went from flatlining in the low \$50 range to \$190.

But investors can be forgiving of blunders. Wilson, a majority shareholder at Lululemon, caused the stock to inch up 3 per cent last week by retaining Goldman Sachs to consult on a company shake-up.

Even more dramatically, American Apparel shares jumped 15 per cent last week when recently ousted founder Dov Charney vowed to retake company control.

But this increase is hard to understand given that Charney's blunders dropped the company from a \$4 stock to a 50-cent one over the past six years.



Lululemon Athletica founder Chip Wilson arrives at the company's annual general meeting in Vancouver on June 11.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

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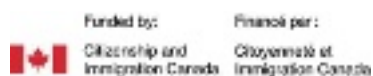
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CRTC

Rogers, Bell clash over local TV

Two of Canada's biggest telecommunications companies are clashing over the future of local television. In submissions to the CRTC, Bell said changes should be made by the regulator to allow local TV stations to be reclassified as "local specialty services." But Rogers says it won't support the plan for the new expenses, which it feels would likely filter down to customers.

THE CANADIAN PRESS

Compensation

Walmart to pay up, court rules

The Supreme Court of Canada has ruled in favour of Quebec workers who lost their jobs at a Walmart store in Jonquiere, Que., after it shut its doors suddenly months after its employees unionized. The court ordered that the workers be compensated. The ruling ends nearly a decade of legal battles between the corporate giant and the 190 employees.

THE CANADIAN PRESS

Energy

Encana sells Bighorn assets

Energy producer Encana has agreed to sell its Bighorn operations in Canada for about \$1.8 billion to another Canadian company, the privately held Jupiter Resources. Encana said Friday the sale includes about 360,000 acres of land in Canada with total net proved reserves of about 1.1 trillion cubic feet equivalent, mostly natural gas.

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TAKE A HOLIDAY FROM YOUR CAR

Happy Day Before Canada Day. This year's awkward, orphaned quirk of the calendar between the weekend and July 1 results in a luxurious extra-long weekend for those who can swing taking to-day off (and good on you if you can), and a shorter week at least for those who can't.

Tomorrow's one of those days on which you keenly notice the perks and the peeves of life in the capital. We get to host the national party (the concerts the fireworks, the crowds of thousands who feel like friends).

And we have to host the national party (traffic paralysis, crowds of thousands starting to get on one's nerves, patriotic drunks doing their loud, shambolic thing). It can be a vacation not only from work but from some of its associated routines, like the gas-brake two-step of the car-bound. Holiday street closures, scarce parking and free rides on OC Transpo all day conspire to make leaving your car at home a more



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

attractive prospect and reclaim more downtown real estate for the massed pedestrians.

Supervised bike stations in Jacques Cartier and Major's Hill parks, and free shuttle buses between them make it even easier to get through the day without burning your own extortionately priced holiday gas. The car's so hardwired into many of our daily lives, it sometimes takes a special occasion, with its unique inconveniences, to get us to rethink the logistics of getting around.

Bluesfest, opening this week, serves as another invitation to get out of your car for a night. LeBreton Flats sits smack on the Transitway, and the festival expects to park its 50,000th bike this year. "People I think are amazed at how efficient the bike park is, and we certainly

sing the praises of that," said executive director Mark Monahan. "They're a phenomenal group, and we park about a thousand

bikes a night. It's a fantastic way to get there."

And later this month, OSEG will attempt, out of simple physical necessity, to encourage more football fans to find another way to get to Redblacks games at TD Place by including free OC Transpo fares with tickets and warning them there'll be nowhere to park at the stadium. They're hoping to get 60 per cent of the crowd to take transit and another 12 per cent to walk or cycle. Ambitious targets — and vital ones for an area that's already a traffic bottleneck. A few more Canada Days in a year might help us break our everyday automotive habit, but all those fireworks could put us in the poorhouse and give the city's pets a collective nervous breakdown. And how many days could you stand to look at those novelty maple-leaf top hats?

And some of us will remain dependent on our cars for that other great local July 1 tradition — getting the heck out of Ottawa and somewhere a little less festive.

However and wherever you observe the 147th national B-day, here's wishing you a happy and safe one, with as many of your favourite people and as little time trapped in your car as possible.

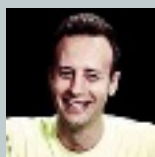
LOCHIN' IT DOWN



People say they are mad for trying, but this crew is going to pedalo around the North Sea anyway. COURTESY HOWARD SIMONS

Monstrous challenge

Pedalo-ing up some cash



ED FOSTER
Online editor at
Motor Sport
magazine, 31,
based in London

Four friends are bidding to become the first people to sail around the 500-mile northern tip of Scotland by pedalo.

Metro talks to Ed Foster, founder of the 500-mile Pedalo project.

What is the idea behind the project? It's all about raising money for charity. My father was diagnosed with Parkinson's disease six years ago and, despite him putting on a brave face, it really is an absolutely terrible disease. Last year my friends Tash and Nico lost their mom to lung cancer only two months after diagnosis. It was a massive shock to all of us.

Why choose a pedalo? It's not very leisurely out on the North Sea ... Not at all (laughs). Our pedalo, named Mutly, is in the shape of the Loch Ness monster and that's going to make it tougher due to wind resistance. The chal-

lenge is as ridiculous as it is mad, but that's why we love it.

Do your families think you're bonkers? Yes, pretty much.

What have been the main challenges in preparing for this feat? Getting the right pedalo made for it. Pedalos are used on calm lakes as a leisurely way to pass five minutes. No one does missions on pedalos and I have never met a 'pedalo specialist.'

And yet you're taking to the water ... Failure is not an option for us. We will finish the task even if we lose half the boat in a storm.

METRO

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 5 in News, page 8 in Scene and page 16 in Sports

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MetroTube

Plenty of cheers in city of Algiers



ANDREW FIFIELD
andrew.fifield@metronews.ca

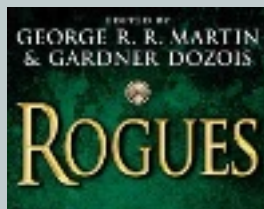
It's been a very tough run for Algeria at the past few World Cups, so when the nation officially advanced to this year's round of 16 by playing Russia to a draw, it was time to celebrate. And by that we mean time for the entire city of Algiers to lose its mind and get with the fireworks.

It sure would be nice for Canada to be involved in this little soccer tournament. It looks fun. (Minaghitart/YouTube)



(JON SUPER/THE ASSOCIATED PRESS)

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Rogues

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scene@metronews.ca

The savagery which the Game of Thrones series is known for can be traced back to one man, Prince Daemon Targaryen, whose tale is included here amongst a collection of short stories about rogues edited by George R. R. Martin. All the stories are deliciously fun, but it's the inventive scoundrels of Neil Gaiman and Connie Willis who steal the show.

BBC

He's coming back!
Sherlock to return
for Christmas 2015

Martin Freeman, who plays Dr. John Watson on BBC's Sherlock, dropped the first hint of what's to come for the show since its third season aired in January. In an interview with Britain's The Telegraph, he revealed that Sherlock will resume filming early next year — for what will likely be a Christmas 2015 special.

EVA KIS/METRO IN NEW YORK CITY

Under the Dome gets
'so Stephen King-ian'

Dean Norris. Actor dishes on his dastardly character's 'come to God' moment and the Dome as a cruel master

NED
EHRBAR

Metro in Hollywood

Dean Norris picked one heck of a series as a follow-up to Breaking Bad, taking on the dastardly role of local politico Big Jim on Under the Dome, based on the novel by Stephen King. That choice certainly seems to be working out for him. The series, a smash hit last summer, returns Monday at 10 p.m. ET/PT on Global for another season chronicling the mysteriously cut-off town. Here, Norris lets us in on what to expect this year.

Where we find Big Jim at the
start of the season:

Big Jim thinks that he knows what's best for the town and he thinks he's inspired by the Dome to do what he does ... What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome. Whether that turns out to be truthful or not, that's what we'll find out as the season goes on.

One of the things that Big Jim is trying to deal with is seeing if there is enough food for everybody, if there is enough water for everybody,



Dean Norris stars as bad boy Big Jim on Under the Dome. GLOBAL

what resources are left for us to survive under the Dome. That's definitely one of the themes that we deal with, and Big Jim in particular is looking to try to answer or come up with a solution for.

**Whether Big Jim might be
lightening up a little this**

season:

Actually, I think so. I think part of the transformation, the kind of theme we are talking about this year includes some redemption for Big Jim. It's actually in the first episode that he has kind of a "come to God" or "come to Dome" moment where he believes

AUGMENTED
REALITY

→ What can fans expect from Season 2 of Under the Dome? Scan this photo with your Metro News app for a video of Stephen King, Dean Norris, Rachelle Lefevre and others talking about what's coming.



→ See the full instructions on Metro's Voices page.

that maybe his purpose in life shouldn't be to be so nasty. And that's kind of a story arc that continues throughout the season.

The rules of life under the
Dome:

The Dome is a harsh master. I think we are discovering what the Dome can and can't do. That's part of the season arc. I think we are all struggling to find out what it means, what its powers are, whether it's good or whether it's bad, whose side it's on.

Bringing in Stephen King to
write the first new episode:

Can I say something about Stephen King? The first episode is so Stephen King-ian and part of it is that almost in the midst of the kind of most horrifying and tragic elements, there are these little lines that are almost kind of humorous. It was so cool to see that because it's in his books and it was so cool to see it in the script.

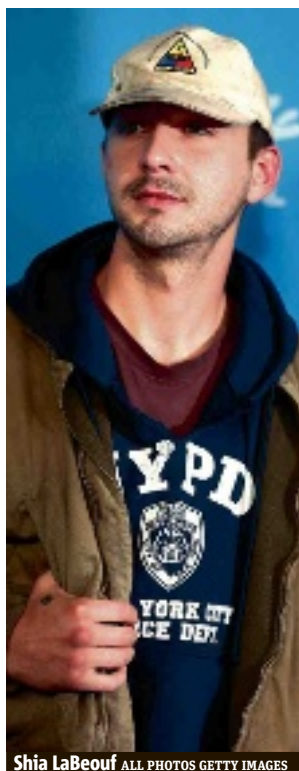
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Shia LaBeouf ALL PHOTOS GETTY IMAGES

Shia transforms into angry drunk, gets arrested

Professionally not famous anymore, actor Shia LaBeouf hasn't been having a very pleasant time in New York lately. The Transformers star was arrested this weekend after drunkenly causing a scene at a performance of Cabaret, during which he reportedly disrupted the show, shouted at the actors on stage, smoked what some witnesses say was a joint indoors and fell out of his chair, according to Fox News.

When LaBeouf was asked to leave, he refused, reportedly yelling at security, "Do you know who the f— I am?" He was charged with five counts of disorderly conduct, criminal trespass and harassment. LaBeouf also apparently taunted and threatened police officers even after being handcuffed and had to have a face mask put on because he would not stop spitting at the officers. According to Page Six, LaBeouf was also spotted earlier in the evening chasing a man who appeared to be homeless through Times Square demanding he hand over a McDonald's bag. "He really wanted whatever was in that bag. He had so much focus," a witness says. "If there were French fries in the bag, maybe he really wanted to eat them." LaBeouf's next court date is set for July 24.

METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Ryan Seacrest gets his bod bikini-ready



STARGAZING
Malene Arpe
scene@metronews.ca

Ryan Seacrest tweets that he's doing something called a Bikini Kleanse and asks his followers not to judge. Dude, there's no judging here. You can do whatever you want with your bikini as long as you buy a dictionary.

Gary Oldman rants against "political correctness" and spews a wide variety of racist, anti-gay and misogynist slurs during a Playboy interview. That's really too bad, and it leaves an unexpected, gaping vacancy on my all-time list of actor crushes. So welcome, guy who plays Hook on Once Upon a Time.

Kanye West's commun-

ity service for attacking a photographer will be served teaching at a fashion school. Leather Jogging Pants 101 and Yelling for no Reason 102 are already booked solid.

Gordon Ramsay announces he will be making no more Kitchen Nightmares shows. He won't have time, since he promised Kanye to help him out teaching one of those college courses.

While visiting the set of Game of Thrones, the Queen declines a chance to sit on the Iron Throne. She didn't care that it would have been turned into a massive meme or that her entire reign would have been nullified by one pop culture moment. She was just really afraid the tiny magnets sewn into her skirt to prevent lifting would cling to the throne.

One Direction is releasing a cosmetics line. Sigh. All this time I thought it was the way I flipped my hair that made me beautiful.



Robert De Niro

Meet the neighbours: De Niro crashes viewing party

If you're planning on having a World Cup viewing party for any upcoming games, be sure to leave room for Robert De Niro. The Oscar-winning actor reportedly crashed a get-together at an apartment near the Brooklyn set of his new film to watch last week's match between Germany and

the U.S., according to Business Insider. Apparently the movie's studio, Warner Bros., was ready to mount a satellite dish on a nearby building and run a cable down to his trailer if they couldn't find accommodating hosts for De Niro and company, but luckily it didn't come to that. **METRO**



Rick Ross

Rick Ross arrested for ditching court

Rapper Rick Ross has been released after his arrest following a U.S. concert.

Greensboro Police Department spokeswoman Susan Daniels says Ross was taken into custody Friday after the SuperJam concert in Greensboro, N.C. She says a court had issued an order for his arrest because he failed to appear in court on a previous misdemeanor marijuana charge.

The rapper, whose real name is William L. Roberts, was taken into custody after his performance. Daniels says he was released on \$1,000 US bond. **THE ASSOCIATED PRESS**

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Give your kids some credit

Bank of Mom & Dad.

Teaching children as young as 10 how credit works will pay off



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

As a society, we're no damn good at handling credit. Since it's only a matter of time until someone comes and waves a credit card under your kids' noses and says, "Try it, you'll like it," your job is to make sure they're prepared to deal with credit smartly.

Can you imagine walking into a bank and saying, "Scuse me, but I don't have a job, I've never had credit, may I have a credit card, please?" They'd laugh uproariously at your impudence. Yet every year lenders hand out thousands of credit cards to unsuspecting students who have no visible means of repayment and don't understand the impact of failing Credit Management 101.

Want to change that for your children?

As early as 10, start teaching your children how credit works, when to use it, and how to spend only what they can afford.

Issue your child a credit card on the Bank of Mom & Dad. Have Sonny Boy design the card and draw up a cardholder's agreement that you both sign. In the agreement, lay down the rules: How much credit he can use (the "credit limit"), when his statement will arrive, how much time he has



Life in plastic? It's fantastic if your kid first understands how credit works. iStock

to pay (the "grace period"), and the minimum payment required. Most importantly, describe with examples how much interest your child will have to pay on any balance outstanding.

The point of the exercise is to help kids to learn the reality of credit use. Lesson #1: When you use someone else's money to buy stuff, that stuff costs more. You must charge interest.

Don't come hissing and spitting at me with terms like "usury" and "profit." I'm not suggesting you build your retirement plan from your child's borrowing. If you want children to experience the true impact of using someone else's money to meet their spending needs then interest must be a part of the equation.

If you teach them it costs

Loan them your expertise

It's far better for your kids to experiment with credit under your careful guidance so that by the time they head off on their own, they'll have mastered their debt responsibilities.

nothing more to acquire that scooter than the ticket price, are you really preparing them for the credit cards and personal lines of credit that are in their futures?

How much interest is enough? I suggest you go with 28 per cent a year — like a store card — otherwise the interest is not significant enough for them to feel the pinch and learn the lesson.

Now Sonny Boy can use his credit card when he sees something he wants to buy, but doesn't have any money. He gives you his credit card. You make the purchase on his behalf. You give him a charge slip to sign (a receipt book will do nicely for this). And you return his card and charge slip.

At billing time, you total his charges and present him with a bill that shows the minimum payment and the total outstanding balance. In a perfect world he pays you back in full. More likely, he makes a partial payment and carries a balance and you're in the business of calculating interest.

If you're giving an allowance from time to time, you may be hit up for an advance. This is another opportunity to teach about

borrowing. Make sure to charge Baby Doll interest on the advance.

What if Baby Doll won't repay the advance? Time for Lesson #2: Inconsistent repayment affects your ability to borrow in the future. Tell her that before you give her another loan, she must offer you some form of collateral. It may be her bike, her telephone or her iPad. Make up a loan agreement and include a paragraph that clearly spells out that if the loan is not repaid on time, you have the right to take whatever collateral she has given you until the loan is repaid.

If Baby Doll consistently slips off the repayment path, you could withhold a part of her allowance and apply that to the repayment of the loan (like having your wages "garnished"). But then you are removing the responsibility for making the repayment from your child. A better lesson would be to insist upon repayment as soon as you have given the allowance. Create a chart showing how much she owes. Each week, reduce the amount owed so she can see her progress in repaying the loan.

A child who does not repay a loan on time needs to see the consequence of a bad credit history: No more loans.

And the child who is constantly borrowing may benefit from having a loan request declined to teach how constant borrowing reduces her ability to repay (and therefore qualify for) yet another loan.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

NOTICE

CANADA DAY EARLY CLOSING

No access to Rideau Centre between 7:00 pm July 1st and 6:00 am July 2nd. Please use Nicholas Street or Daly Avenue to access Rideau Centre Parking Garages.

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Make your home office work for you

Home sweet office.

Set up a productive, peaceful work space with these designer tips

MONICA WEYMOUTH

Metro in New York City

If you're lucky enough to work from home, you know that no work, in the history of work, has ever been done on the couch. Same goes for the kitchen table. And don't even get us started on the coffee shop: If you're not the fresh-faced, making-it-in-the-city star of a romantic comedy, you have no business working out of a coffee shop.

No, free-roaming friends, you need a proper home office. Whether you're a full-time telecommuter or just dabbling in flexible summer hours, we hit up Philly-based interior designer Mel McDaniel (melmcDanielDesign.com) for tips on setting up a productive, peaceful space.

Designate a space

No bedroom to spare? No problem. It's not crucial that you designate an entire room — just that you designate some room to be used strictly for business. "Closets, nooks, attics — if you need a home office, the space can be found," says McDaniel. "Look carefully: Is there a large closet that could be converted into an office? Is there a part of a room that would work with a space divider?"

Desk direction

A little feng shui goes a long way when it comes to your

Pet-friendly amenities



Cat got your keyboard? Get kitty her own perch. THEREFINEDFELINE.COM

You can get a sitter (or premium cable) for the kids. But as for cats, well, they lounge where they please. Keep them off your keyboard with the Kitt-In Box, a genius desk extension from The Refined Feline (we've found that it also accommodates small, sleepy dogs).

- \$30 US, therefinedfeline.com

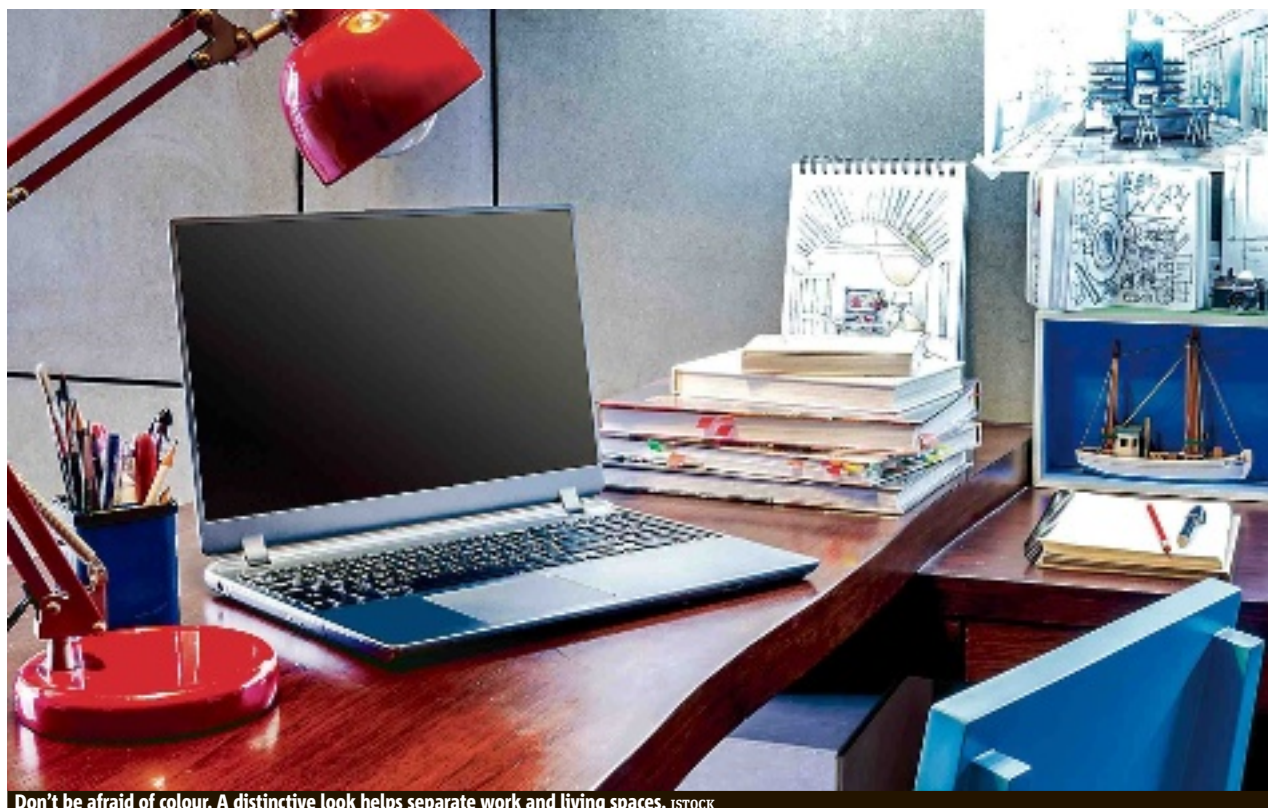
desk. "Never put a desk so that the person sitting at it has their back to the door," says McDaniel. "It's very unnerving to work without being able to see the doorway."

Light the way

There's nothing less inspiring than cubicle farm fluorescents. If you're working on your own turf, soften things up overhead, then add additional task lighting near your desk. Pro tip: To free up space, McDaniel recommends ditching the desk lamp and going for wall-mounted fixtures.

Colour theory

One of the easiest ways to differentiate your office



Don't be afraid of colour. A distinctive look helps separate work and living spaces. ISTOCK

Telecommuting

79.7%

According to the Census Bureau's latest American Community Survey, the telecommuting population increased by 79.7 per cent between 2005 and 2012.

space from your living space is the paint scheme. "Don't be afraid of colour," advises McDaniel. "Branch out from the main colours in your home — it will help create a different feel as you transition from the kitchen into your place of work."

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Make basil pesto green with envy



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This delicious olive pesto goes so well with a perfectly cooked cut of beef.

The key to the best flavour and texture with flank steak is to marinate it and don't forget to cut it across the grain.

You can marinate this with a bottled light Italian dressing or use olive oil, lemon juice (or vinegar) and herbs.

Flank steak is one of the leanest cuts of beef you can buy. It's best to cook it medium to medium-rare for the best flavour and texture. Use a meat thermometer and remove from heat when internal temperature reaches 130 F, which would yield medium-rare.

The olive-parsley pesto that you'll top the steak with has a unique taste compared to regular basil pesto. I prefer parsley as it's less expensive and keeps its colour when chopped.

Marinate the steak for up to two days in advance if desired.

FLASH FOOD



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Ingredients

Olive Parsley Pesto

- 1 cup well-packed parsley leaves
- 3 tbsp olive oil
- 1 clove garlic
- 1/4 cup toasted pine nuts or almonds
- 1/4 cup grated Parmesan cheese
- 1/4 cup pitted green olives
- 2 tbsp lemon juice
- 2 tbsp water

Steak

- 1 1/2 lb flank steak

Nutritional information

Per serving

- Calories. 481
- Carbohydrates. 2.9 g
- Fibre. 0.6 g
- Protein. 42.5 g
- Total fat. 28.1 g
- Saturated fat. 9.4 g
- Cholesterol. 120 mg
- Sodium. 380 mg

cheese, olives and lemon juice. Purée until smooth. If too thick, add the water. Set aside.

2. Grill or sauté steak on medium heat 5 to 8 minutes per side or until done to preference. Let rest for 10 minutes, then slice thinly across the grain. Serve with the pesto.

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CANADA DAY

Monday, June 30, 2014

Happenings across the city

Birthday celebration. Plenty of festivities to choose from in honour of our country, so take your pick



STEVE COLLINS
ottawa@metronews.ca

Canada welcomes some 350,000 of its closest friends for its 147th birthday in the capital July 1. Here's a quick look at the celebrations:

Parliament Hill

Festivities start on the East Lawn, with a flag-raising ceremony at 9 a.m. and the changing of the guard at 9:30 a.m. Two concerts, featuring Canadian artists, will keep the crowd moving:

- **Noon show:** Brett Kissel, British Columbia Boys Choir, Marianas Trench, Nadja, Serena Ryder, Terry Kelly with fiddle player Sierra Noble, and Véronic DiCaire.
- **Evening show (7:30 p.m.):**

Brett Kissel, Daniel Lavoie, DJ A-Rock and VJ Video Girl, Marianas Trench, Nadja, Serena Ryder, Véronic DiCaire, and Whitehorse.

Major's Hill Park

Take in cultural performances, displays, exhibits, and activities and the inspirational stories of Canadian Olympic and Paralympic athletes. Sample the goods at the 22nd annual Great Canadian Chicken BBQ; enjoy the CBC Songwriters' Circle with John MacPhee, Sally Folk, Lauren Mann, and Lynne Hanson, and an evening concert with Sally Folk, Kumpa'nia and Paper Lions.

Jacques Cartier Park

Take part in family-friendly activities, great for children aged three to 12. The Canada Day fun includes games, activities, performances, inflatable slides, and more.

Confederation Park

The TD Ottawa Jazz Festival hosts an afternoon

of free concerts on the Laurier Avenue Canadian Music Stage featuring Cadence (1 p.m.), Sweet Alibi (3 p.m.), Laila Biali Sextet (4 p.m.), Thus Owls (5 p.m.), and Current Swell (6 p.m.).

Fireworks

The Canada Day fireworks display launches from the Astrolabe at Nepean Point, and lights up Parliament Hill and the Ottawa River,

starting at approximately 10 p.m., weather permitting. If you are planning to watch the fireworks from Gatineau, remember that the Alexandra Bridge is closed to traffic throughout the day and to pedestrians between 9 p.m. and 11 p.m.

This year's fireworks include: 1,102 aerial shells, 37 multishot items (1,123 projectiles/effects) and 59 of the largest shells permitted in Canada.



Fireworks over Parliament Hill are given in Ottawa on Canada Day, launching from the Astrolabe at Nepean Point at approximately 10 p.m. COURTESY OF CANADIAN HERITAGE

Tips for getting around

- Avoid street closures and parking restrictions by leaving your car at home.
- Ride OC Transpo for free with your event ticket. (octranspo.com)
- STO buses (regular bus services) are free after 10 p.m. (sto.ca)
- Free shuttle daytime buses run between Jacques-Cartier Park and Major's Hill Park.
- Both parks also offer free valet bike parking from 7:30 a.m. to 11:30 p.m. at Jacques-Cartier Park and from 10 a.m. to 11:30 p.m. at Major's Hill Park.



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Canada: Our home and creative land

Strong and free. This year's Canada Day Challenge contest winners show off their art, photography and writing talents

JEN TRAPLIN
For Metro

Three young Canadians will be making their way to the Capital to celebrate Canada Day, thanks to their artistic abilities.

They are the winners of the annual Canada Day Challenge, which started as a poster contest in 1987. In 2012, the categories of digital photography and writing were added.

The Canada Day Challenge invites Canadian youth, between eight and 18 years old, to show the country what Canada means to them by submitting an original poster design, a digital photograph or a piece of creative writing inspired by a theme — this year, that theme is "Canada: Strong and Free."

Entries from across the country produced nine finalists (three in each category), including the three national winners.

Emily Wang, 13, of Edmonton, won the Draw It! category for her original drawing, a colourful collage of all things Canada, including Parliament Hill, a soldier, Olympic athletes and the northern lights.

Alana Krug-Macleod, 16, of



Emily Wang, of Edmonton, won the Draw It! category for her drawing of all things Canada. ARTWORK BY EMILY WANG

Saskatoon, took top prize in the digital photo challenge, Snap It! for her photo of the silhouettes of two friends, reflected in a crystal clear lake.

For her writing, Sarah Peerless, 16, of Tlell, B.C., is the winner of the Canada Day Challenge Write It! category for a piece of poetry based on her thoughts about what Canada should be, how others see us, and what our country should strive for.

The three have been awarded an all-expenses paid trip for two to Ottawa to attend the Canada Day 2014 festivities on Parliament Hill, an iPad mini, a one-year Parks Canada Family Discovery Pass, a special souvenir coin from the Royal Canadian Mint, and more.

The sights in our stars

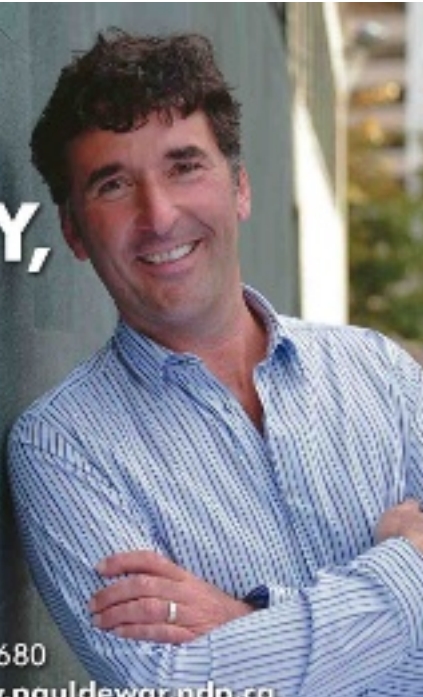
The Department of National Heritage says next year promises to be an exciting year for the Canada Day Challenge as our country will celebrate the 200th birthday of Sir John A. Macdonald, Canada's first prime minister, as well as the 50th anniversary of our national flag. For more information, visit challenge.pch.gc.ca.

The winning entries will be on display at the Canadian Museum of History until September, and are also posted on the Department of Canadian Heritage website (pch.gc.ca).

HAPPY CANADA DAY, OTTAWA!

Paul Dewar
MP Ottawa Centre

304-1306 Wellington Street W.,
Ottawa, ON, K1Y 3B2
Tel: 613.946.8682 Fax: 613.946.8680
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Food, drink, sparklers ... and selfies

Party time. Simple tips to throw the perfect backyard barbecue

HELEN RACANELLI

For Metro

Canada Day is the perfect occasion to host a backyard party. The weather is fine, everyone is in a great mood because it's a long weekend and a national holiday, and backyards are at their best in July.

"With most other holidays being family focused, July 1 gives us the opportunity to catch up with our neighbours, and their families and friends as well," says Danielle Reid, whose family throws a huge party every Canada Day in their neighbourhood. Here's how to throw a memorable Canada Day party in your backyard.

Plan a great guest list

"Take the time to think out your guest list. You want to

Reid. "We always like to make sure we spread the love around from our various circles, while not isolating anyone in the process."

She uses a simple rule of thumb: she invites guests who know at least one other person at the party besides the hosts. A backyard party is an informal occasion, so invites can go out by phone calls, emails and texts.

Provide lots of food and drink

The food doesn't have to be fancy and neither do the drinks, but it's not a real backyard summer party without an abundance of munchies and beverages. "Everyone loves hamburgers and hotdogs and they are easy to prepare — so start with that," said Reid.

Keep it red, white and simple

In terms of serving the refreshments, purchase some colourful red cups for drinks

ized steel buckets to fill with ice, suggests Vancouver event planner Genève McNally, of DreamGroup Productions.

"Throw some bottled water, San Pellegrino or Perrier, juices, coolers, and beer into the buckets for guests to help themselves to as needed," she says.

Create a backdrop for party photos and selfies

Guests love a good photo opportunity. Create a photography backdrop for lots of memorable group photos and Instagram selfie moments.

"Encourage guests to take photos of themselves and each other posing in front of your DIY backdrop," McNally says.

Here's how to do it: If you have a fence, tape Canadian flags to a portion of it. Or if you have a wooden fence or side of a house to work with, use sidewalk chalk or washable paint to draw a flag or write 'Happy Canada Day' on it.

Add music

Take your party up a notch with music. "Hire a live cover band if your budget allows it," McNally says. The Reid family appoints a DJ to spin tunes starting from noon to the end of their party. No budget? No problem. Load up your iPod with your favourite Canadian indie-rock music and connect it to a speaker. Or you can even play music using online music streaming services such as Rdio or Songza, McNally suggests.

Add sparklers

Canada Day calls for a little bit of fire-crackling fun.

"A fun centrepiece idea that

is also easy to assemble and inexpensive is mason jars or galvanized silver buckets filled with sand," says McNally.

Then add paper Canada flags and sparklers stuck in the sand for guests to take out, light and wave around, she says.



Canada Day long weekend is the perfect time for a backyard party. SHUTTERSTOCK

WELCOMES BRETT KISSEL
CANADA DAY, PARLIAMENT HILL

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NHL clubs struggle with salary cap

Big money. Teams can spend no more than \$69 million US this year

Trade talk mostly fizzled at the NHL draft.

"It just seemed to me there were a lot of phone calls, a lot of talking, people interested, but nothing really happened," Ottawa Senators general manager Bryan Murray said.

Aside from Ryan Kesler getting dealt before proceedings got underway and then James Neal a few hours later, the weekend passed without much major action. One small trade — the Calgary Flames getting Brandon Bollig from the Chicago Blackhawks for a third-round pick — looked like a preview of many more to come as cap-strapped teams try to get under the \$69 million US ceiling set for next season.

"It's a puzzle to put together and try to make all the numbers work," Blackhawks general manager Stan Bowman said Saturday. "That's clearly the biggest factor you're faced with when you have salary cap being what it is. You're going to have some tough decisions. We're not the only team that's in that



Ottawa Sens' Jason Spezza and Beau Bennett of the Pittsburgh Penguins battle for a puck during the game at Consol Energy Center on April 13 in Pittsburgh, Pennsylvania. JUSTIN K. ALLER/GETTY IMAGES

position. There will be other teams that face the same things."

Without naming names, Bowman was describing the plight of the Boston Bruins and Philadelphia Flyers, along with his Blackhawks, who almost certainly have to make sacrifices just to be cap-com-

pliant. In the Bruins' case, it might mean saying goodbye to Jarome Iginla, a 61-point player and a major piece of their Presidents' Trophy-winning season.

"If we can't sign Jarome, we're going to find a good player at that position," Bruins GM Peter Chiarelli said Friday night. "We feel all our young guys and our current players are going to get better."

It's unclear what else the Bruins might have to do with forwards Reilly Smith, Jordan Caron and Justin Florek and defenceman Torrey Krug and Matt Bartkowski needing new

deals as restricted free agents. According to CapGeek, Boston has just over \$1.6 million to spend.

The Flyers, technically over the cap by a couple hundred thousand dollars, have some room with defenceman Chris Pronger bound for long-term injured reserve. But they're still reportedly shopping Vincent Lecavalier to rid themselves of at least part of his \$4.5 million cap hit for the next four seasons.

Chicago managed to part with Bollig's \$1.25-million cap hit but might have to clear more salary to fill out the roster. THE ASSOCIATED PRESS

Wimbledon

Top male players advance to fourth round, top women out

The so-called "Big 4" men who have won 35 of 37 of the past Grand Slam singles titles — Novak Djokovic, Rafael Nadal, Andy Murray and Roger Federer — are all around for the second week at Wimbledon, joined by the new major winner on the block, Australian Open champion Stan Wawrinka.

With Serena Williams out of singles and second-seeded Li Na also a third-round loser, it marks the first time in the Open era that the top two women's seeds haven't advanced to Wimbledon's fourth round. THE ASSOCIATED PRESS

MLB

Jays downed 4-0 by Sox in third straight loss

Even the pinch-hit return of Jose Bautista could not help the Toronto Blue Jays.

The all-star right-fielder appeared in his first game in a week, pinch hitting in the sixth inning but grounding in to a force out on Sunday as the Chicago White Sox defeated the Blue Jays 4-0, Toronto's third loss in a row.

"Hopefully, Bautista's back in here the next couple of games to give us kind of a jolt in the lineup," said Blue Jays left-hander Mark Buehrle who took the loss despite holding the White Sox to two runs in eight innings.

THE CANADIAN PRESS

Quoted

"You're going to have some tough decisions. We're not the only team that's in that position. There will be other teams that face the same things."

Stan Bowman, Chicago Blackhawks general manager

On meeting the NHL's 2014 salary cap, US\$ 69 million per team per year

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Nether say never in Fortaleza



The Netherlands' Arjen Robben leaps over a challenge in the second half of his team's dramatic 2-1 win over Mexico during the Round of 16 in of the World Cup on Sunday in Fortaleza, Brazil.

WONG MAYE-E/THE ASSOCIATED PRESS

World Cup. Mexicans ousted by quick-striking Dutch and 'the whistle'

The Dutch were worried about the oppressive heat at Arena Castelao, and left it with the stifling hot conditions to thank for a spot in the World Cup quarter-finals.

An inspired tactical change during the second of two official heat stoppages led to a late goal from Netherlands forward Wesley Sneijder and an injury-time penalty from Klaas Jan Huntelaar in a dramatic 2-1 win over Mexico on Sunday.

"I moved to Plan B at the cooling break," said Netherlands coach Louis van Gaal. "That is a good way to take advantage of those breaks."

Despite scoring 10 goals in three group matches, the Dutch again started the match with a defensive 5-3-2 system. Van Gaal made the switch to a more attacking 4-3-3 formation.

Round of 16

2

Netherlands

1

Mexico

- Mexico has now advanced to the second round at the World Cup six straight times and not reached the quarter-finals.

That helped turn the match around and extend Mexico's second-round curse to six straight World Cups.

"Unbelievable," said Arjen Robben, the Netherlands forward that earned the late penalty. "Five minutes from full time, we were out."

But the Mexicans wilted in the heat as they conceded twice as many goals in the final minutes of the match as they had in the entire group stage.

Mexico coach Miguel Her-

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of Sunday's action in Brazil.

→ See the full instructions on Metro's Voices page.



rera, one of the most popular characters at the World Cup because of his emotive ways on the sidelines, blamed referee Pedro Proenca for the loss and accused Robben of diving under a challenge from Rafael Marquez to earn the penalty.

"Today it was the man with the whistle who eliminated us from the World Cup," Herrera said. "If a referee invents a penalty, you're out of the World Cup."

"I hope they have a look at what happened and that this gentleman goes home just like we are." **THE ASSOCIATED PRESS**

'We will go on': Costa Rica continues to defy odds

Costa Rica beat Greece in a penalty shootout Sunday to reach the World Cup quarter-finals for the first time after defending desperately with 10 men for nearly an hour.

Michael Umana scored the decisive penalty as Costa Rica won the shootout 5-3 after the game ended 1-1.

Greece's Theofanis Gekas saw his penalty saved by Costa Rica goalkeeper Keylor Navas for the only miss in the shootout. Umana scored and straight away sprinted over to where Navas stood to hug him after

Round of 16

1

(5)

Costa Rica

1

(3)

Greece

the 'keeper kept Costa Rica's surprise run at the World Cup alive with a string of last-gasp stops through the 120 minutes.

Costa Rica will play the Netherlands in the quarter-finals on

Saturday in Salvador — a first appearance in the last eight for the Central Americans.

"To the entire people in Costa Rica, those at home and out on the streets, this is for you," Costa Rica's Colombian coach Jorge Luis Pinto said. "This is a people that love football and they deserve it... We will continue fighting. We will go on. We see beautiful things."

Costa Rica took the lead early in the second half at Arena Pernambuco through captain Bryan Ruiz's smooth finish but then had defender Oscar Du-

arte sent off in the 66th minute with a second yellow card for a tackle on Jose Holebas.

The red card changed the game and Greece poured forward for most of the remainder of the match.

The Greeks equalized and finally beat Navas in injury time of regulation time when defender Sokratis Papastathopoulos smashed in a rebound from another Navas save to make the team's numerical advantage eventually pay and temporarily keep it in the World Cup. **THE ASSOCIATED PRESS**



Costa Rica players celebrate after winning a penalty shootout against Greece on Sunday in Recife, Brazil. RICARDO MAZALAN/THE ASSOCIATED PRESS

Tweet relief

World Cup breaks Super Bowl record

Nervous Brazilian fans took to Twitter as the final moments of a shootout against Chile broke an all-time record for online buzz during a live event.

Almost 389,000 tweets were generated the minute after Gonzalo Jara's penalty shot hit the right post and allowed Brazil to avoid an early exit. That broke the previous mark of about 382,000 set during this year's Super Bowl.

THE ASSOCIATED PRESS

Poll

White, rich getting best view in Brazil

A poll on the wealth and race of fans attending a World Cup match in Brazil shows what any TV viewer in the nation has seen — those attending games are overwhelmingly rich and white.

That's particularly noticeable in a nation like Brazil, with more blacks than any other except Nigeria.

A Datafolha polling group survey published Sunday in the Folha de S. Paulo newspaper says that



Fans arrive at Arena Castelao for Sunday's match between Netherlands and Mexico in Fortaleza, Brazil. DRAWLIO JOCA/GETTY IMAGES

at Saturday's Brazil versus Chile match, 67 per cent of attendees were white and 90 per cent came from Brazil's top economic classes.

Similar trends have been observed at other Cup matches — though no polls were carried out.

THE ASSOCIATED PRESS

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GOO bless you ARCHANGEL for taking this man away from my daughter's life. She was created on and humiliated by him, thanks to a photo I showed you, you were able to see through the angels the evil that man had done to dominate my daughter. Thanks to you, my daughter has finally come back to me.

— SANDY OLIVARES

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OTTAWA

Horoscopes

Aries

March 21 - April 20

Honesty is by far the best policy, so get ready to tell a loved one something you fear may turn them against you. According to the planets you'll be surprised to discover they don't really care — in the nicest possible way.

Taurus

April 21 - May 21

You need to get serious about your money situation. For too long you've been content to take what you were given but as communications planet Mercury is about to move in your favour again ask for more.

Gemini

May 22 - June 21

Many things will change over the next few days — and mostly nice things. The planets are about to reward you for all the efforts you made but that is not an invitation to stop there.

Cancer

June 22 - July 23

Close your ears to criticism and let your heart lead you. The more others tell you that you are on the wrong course, the more you should keep to the path you are on.

Leo

July 24 - Aug. 23

If you join forces with like-minded people over the next two days you'll accomplish something remarkable. It may not be possible for one person to change the world but many minds working together can.

Virgo

Aug. 24 - Sept. 23

The planets indicate people of authority will look on you favourably over the next few days, so keep doing what you are doing and make sure you do it with a smile.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Gemini will do wonders for your confidence over the next 48 hours and it won't be long before what you've been worrying about is in the dustbin of history.

Scorpio

Oct. 24 - Nov. 22

The more others try to intimidate you today the more you must stick to your guns. They are only criticizing you this much because they fear that your plans might succeed.

Sagittarius

Nov. 23 - Dec. 21

There are times when it is sensible to let others take the lead and this is one of them. As of tomorrow, when Mercury moves in your favour again, you can seize the initiative and make things happen.

Capricorn

Dec. 22 - Jan. 20

You need to get your everyday affairs in order but to do that you will need to be more ruthless. Anything that distracts you from your aims must be cut out of your life altogether. That includes people too.

Aquarius

Jan. 21 - Feb. 19

Be dynamic and make the most of whatever new opportunities come your way. Everything will work out for the best if you believe in yourself and that the Universe is on your side.

Pisces

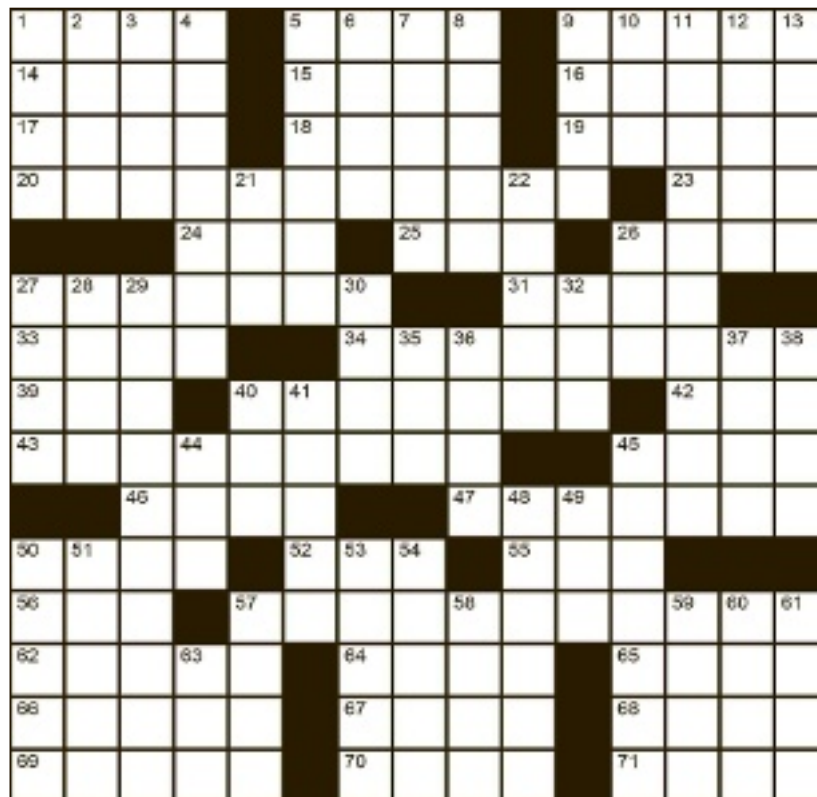
Feb. 20 - March 20

Over the next two days the planets will bring to a head issues you've been avoiding. Once you realize you can no longer run away you'll have to seek solutions. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Engage in
5. Pouches
9. Particular pear
14. Reunion attendee
15. Firefighter
16. Red veggies
17. Type of tide
18. ___ agreement
19. Classifieds cost: 2 wds.
20. Recently passed away lyricist played by Canadian actor Jake Epstein in Beautiful - The Carole King Musical: 2 wds.
23. Bus. day
24. ___ de cologne
25. Hosiery hue
26. DeelJay's exclamation: "It's ___!"
27. Sing without singing [var. sp.]: 2 wds.
31. Skin opening
33. 'Meteor' suffixes
34. Treat of tiers: 2 wds.
39. TV kind
40. TTC = Toronto ___ Commission
42. Fleur-de-___ [var. sp.]
43. Ontario: Town in the County of Dufferin
45. Ms. Ward
46. Thailand, formerly
47. Helix hit: 2 wds.
50. 60-___ bulb
52. Except...
55. King: French
56. Avril's fave mo.
57. It's on display



- especially on July 1st: 2 wds.
62. Cattiness
64. Press
65. Anastasia's dad's job
66. Tartan
67. Woodwind
68. Ms. Fitzgerald
69. Feel

70. Meddlesome [var. sp.]
71. "Disco Duck" singer Rick

Down

1. Designer Vera
2. Helm position
3. Thickening gum

4. ___ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
5. 1980 miniseries
6. ___ Space Museum of Calgary
7. Artsy creation
8. Syllable-singing

- system
9. Lift ___ (Make okay again)
10. Mr. Beatty
11. "Angel Eyes" Canadian singer/guitarist: 2 wds.
12. Comic actress Cheri
13. Exerciser's motto,

- "___ or lose..."
21. "Whoopie!"
22. Where Charlotte-town is, ___
26. Rainbow's shape
27. Abner, et al.
28. Rash reaction
29. Esplanade Riel, ___ bridge in Winnipeg
30. Benny Goodman's instr.
32. Supertime scrap
35. ___-Margret
36. Flanders river
37. Metric weight, briefly
38. Jacob's Bible twin
40. Acronym for time as yet unknown
41. Dance style
44. Illumed
45. ___ the issue (Avoided)
48. Scotland's ___ Islands
49. Crime fighter
50. They look like skinny bees
51. Particular pie
53. Toronto's ___ Station
54. 2013 Ryan Reynolds cartoon about a speedy snail in which he voiced the title character
57. Relinquish control
58. Murmurs
59. 1970 rock festival, ___ of Wight
60. Valley
61. Times
63. Shakespearean contraction

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



30°/22°
Partly cloudy

Tuesday



29°/20°
Thundershowers
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